These tarts are sweet

Ricotta cheese and apples in homemade pastry pack the flavours of fall into a small bite PAGE 12

TIGERS POUNCE ON SERIES LEAD

DETROIT BLANKS NEW YORK IN THE BRONX FOR A 2-0 CUSHION IN THE ALCS PAGE 14

SASKATOON metro®

Monday, October 15, 2012

News worth sharing.

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TO THE OUTER LIMITS

The world was watching on Sunday as daredevil Felix Baumgartner of Austria jumped out from his capsule to begin his skydive over Roswell, N.M. Baumgartner broke a 52-year-old record by skydiving from 38.6 kilometres above the Earth, and became the first skydiver to break the sound barrier. Go to metronews.ca for a photo gallery and reaction. See story on page 5. STEFAN AUFSCHNAITER/RED BULL/THE ASSOCIATED PRESS

Taking lessons from tragedy

The mother of a Saskatoon boy who died after trying the choking game is working to educate parents on high-risk behaviour among youth PAGE 3

Election roundup: Ward 7

We take a look at the four city-council candidates vying for your votes PAGE 4

XL workers recalled

The meat-processing plant in Brooks, Alta., calls back 800 of 2,000 pink-slipped employees to allow inspectors to finish their investigation PAGE 7

A history of Grade-Eh TV

Howie Mandel. Alex Trebek. Bumper Stumpers. Canada's game-show heritage is as rich as a vat of maple syrup, and we salute some of the best PAGE 9

Riders keep eye on playoffs

Corey Chamblin says the team 'must move on' after missing an opportunity to clinch a playoff spot with a loss to the Eskimos Saturday PAGE 14

University of Regina
UR Connected! Oct. 19-20, 2012
9:15 a.m. to 3:00 p.m.
Centre for Kinesiology, Health & Sport
www.uregina.ca/futurestudents

CO2 project

Research centre lays claim to deep hole in province

A research centre in Saskatchewan is laying claim to having dug the deepest hole in the province.

The Petroleum Technology Research Centre is involved in a project to store carbon dioxide underground.

Their hole, near Estevan, is 3.3-kilometres deep.

The well was dug to store CO2 from SaskPower's Boundary Dam power station starting in 2013.

It will also be used for research by the University of Saskatchewan and the University of Alberta.

THE CANADIAN PRESS

Accident

Man dead in northern Saskatchewan collision

A 31-year-old man is dead after a collision between a vehicle and a pedestrian in northern Saskatchewan.

The victim is Jonathan Derek Charles from the Lac La Ronge Indian Band.

According to the RCMP, members of the La Ronge detachment responded to a collision on Bells Point Road in La Ronge on Saturday.

Bells Point Road is located on the Lac La Ronge Indian Band Reserve.

Charles suffered severe injuries to his head and body and was taken to the La Ronge Health Centre. He died of his injuries hours upon arriving at the centre.

RCMP said the driver of the vehicle was not under the influence of any intoxicants.

The incident remains under investigation.

METRO

Zachary Dawson, right, who died in 2011 after attempting the choking game, hugs brother Xander in a 2010 family photo. CONTRIBUTED

Education can prevent tragedy, local mom says

Deadly. Most parents unaware about the dangerous 'games' kids are playing, says mom who lost son to choking game one year ago

The mother of a 13-year-old Saskatoon boy who died from playing the choking game wants to see more parents educate themselves about the fatal nature of high-risk activities.

"Very few parents really know about the high-risk behaviours their kids are up to nowadays," explained Dawn Dawson, mother of Zachary Dawson, whose body was discovered in the basement of the family's house on Oct. 14, 2011. "With the Internet, kids teach themselves and often try dangerous things when alone," she said.

Cutting oxygen off from the brain by choking can cause a momentary rush that some adolescents consider harmless when compared to alcohol or drugs.

In the year since Zachary's passing, Dawson has found support in an international organization called GASP (Games Adolescents Shouldn't Play) and is part of a network of parents across Canada trying to raise awareness about the different risky behaviours popular with youth as young as nine years old, said Dawson.

A pilot project was launched at Zachary's school in the weeks after his death to provide parents with an opportunity to hear from mental-health professionals and tips on how to prevent such tragedies, said Dawson.

She added that each of Saskatoon's school boards supports future projects and would consider it a "victory" if she could help spread awareness of the issue across Saskatchewan.

BRIAN MOSKOWITZ/FOR METRO

Online

For more local news go to metronews.ca

Tale-tale signs

Potential signs indicating high-risk behaviours include:

- Strange neck marks
- Unusual headaches
- Knots tied onto objects in their bedrooms
- Worn-out marks on bedposts and closet rods
- Frequent disorientation after spending time alone

GASPINFO.COM

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SGI CANADA

Metro takes a look at the platforms of city-council candidates in Ward 7

JANE CAULFIELD/METRO
jane.caulfield@metronews.ca

Four Ward 7 candidates are vying for a council seat at Saskatoon city hall. JANE CAULFIELD/METRO

Ward 7: Countdown to Oct. 24

With the election happening in just over a week, this will be our last week to profile your 2012 ward candidates and their platforms. Today, we look at the four candidates running in Ward 7, providing you with brief outlines of what they see as the most important issues in the ward.

4 candidates for Ward 7

Margaret Peters

4

Recognizing a relationship between the quality of streets and sidewalks and the quality of back alleys, Peters seeks to manage the two issues together. She is also concerned about seniors having limited access to transit and says she will work with city officials to find solutions.

CONTRIBUTED

Peters says she would like to see more "open communication" between city council and constituents and would advocate for regular "coffee chats" between her and the residents of Ward 7.

Mike Bzowey

1

CONTRIBUTED

Bzowey's platform, as stated on his website, focuses on major issues facing the city, such as infrastructure and transit. Bzowey says his experience as a business owner offers a unique perspective on what's needed for the city to foster growth and fiscal responsibility.

Interested in providing opportunities for youth, Bzowey encourages "business to invest in Saskatoon, allowing our youth opportunities at home."

Mairin Loewen

2

Incumbent Loewen's platform for Ward 7 targets major issues such as transit and repairing back lanes and alleys. Loewen is a strong advocate for a housing-first approach and supports finding "resources to support youth and people at risk."

Her online bio, posted on the city's website, says Loewen would like to see "predictable funding to the preservation and improvement of infrastructure such as roads, sidewalks, and alleys." Loewen also says transit issues should include all forms of transit as well as ensuring pedestrian safety and more facilities for cyclists.

CONTRIBUTED

Tony Obrigewitch

3

Obrigewitch refers to himself as the "kind of guy who wants to fight for the common person," and will be lobbying for better infrastructure in Ward 7, as well as better access to schools and recreation centres in newer areas such as Stonebridge.

To facilitate growth, Obrigewitch says, the city's "needs must be met before the wants." He says his experience working in municipal politics helps him understand where the problems are and how to address them properly.

CONTRIBUTED

Local authors gather for flights of fantasy

Saskatoon author Derryl Murphy speaks to a crowd of nearly 40 people at the first annual Harvest Con, a celebration of fantasy writing in Saskatchewan. The event, held on Sunday at McNally Robinson Booksellers, was sponsored by Indie Ink Publishing of Saskatoon. A highlight of the day was the readings by six local authors including Arthur Slade, Jefferson Smith, Edward Willett, Joanne Brothwell, Murphy and Sean Cummings. JANE CAULFIELD/METRO

Felix Baumgartner celebrates on Sunday near Roswell, N.M., after becoming the first skydiver to break the sound barrier. The Austrian also broke the record for the highest skydive. RED BULL STRATOS, BALAZS GARDI/THE ASSOCIATED PRESS

Free falling

Faster than a speeding bullet. Austrian becomes the first skydiver to fall faster than the speed of sound

Austrian extreme athlete Felix Baumgartner landed gracefully on Earth Sunday after a 38.6-kilometre jump from the stratosphere in a dramatic, record-breaking feat that officials said made him the first skydiver to fall faster than the speed of sound.

Baumgartner came down in the eastern New Mexico desert about nine minutes after jumping from his capsule 39,045 metres above Earth. He lifted his arms in victory shortly after landing, setting off loud cheers from jubilant onlookers and friends inside the mission's control centre in Roswell, N.M.

"When I was standing there on top of the world, you become so humble; you do not think about breaking records anymore, you do not think about gaining scientific data. The only thing you want is to come back alive," he said after the jump.

Brian Utley, a jump observer from the International Federation of Sports Aviation, said preliminary figures show Baumgartner reached a maximum speed of 1,342 km/h. That amounts to Mach 1.24, which is faster than the speed of sound. No one has ever reached that speed wearing only a high-tech suit.

Baumgartner says that travelling faster than sound is "hard to describe because you don't feel it." With no reference points, "you don't know how fast you travel," he told reporters. "Sometimes we have to get really high to see how small we are."

The altitude he leaped from also marked the highest-ever for a skydiver — more than three times the height of the average cruising altitude for a jetliner. Organizers said the descent lasted just over nine minutes, about half of it in free fall. Utley said he travelled 36,529 metres in free fall.

Quoted

"Sometimes we have to get really high to see how small we are."
Felix Baumgartner

Three hours earlier, Baumgartner, known as "Fearless Felix," had taken off in a pressurized capsule carried by a 55-storey ultra-thin helium balloon. After an at-times tense ascent, which included concerns about how well his facial shield was working, the 43-year-old former military parachutist completed a final safety checklist with mission control.

As he exited his capsule from high above Earth, he flashed a thumbs-up sign, well aware that the feat was being shown on a live-stream on the Internet with a 20-second delay.

He activated his parachute as he neared Earth, gently gliding into the desert east of Roswell and landing without any apparent difficulty.

He then was taken by helicopter to meet fellow members of his team, whom he hugged in celebration.

THE ASSOCIATED PRESS

The eagle has landed

- **Record numbers.** As Baumgartner ascended in the balloon, so did the number of viewers watching on YouTube. Nearly 7.3 million watched as he sat on the edge of the capsule moments before jumping.
- **Social-media surge.** After he landed, Red Bull posted a picture of Baumgartner on his knees on the ground to Facebook, generating nearly 216,000 likes, 10,000 comments and more than 29,000 shares in less than 40 minutes.
- **Hot trend.** On Twitter, half the worldwide trending topics had something to do with the jump, pushing past seven NFL football games.
- **Flying high.** Among the tweets was one from NASA: "Congratulations to Felix Baumgartner and RedBull Stratos on record-breaking leap from the edge of space!"

Pussy Riot members face tough conditions in Russian penal colony

Life inside. Women live with 30-40 others in a room, exercise outdoors in temperatures as low as -30 degrees

It's a far cry from Stalin's gulag, but the guiding principle of the Russian penal colony — the destination of two members of punk band Pussy Riot — remains the same: Isolate inmates and wear them down through "corrective labour."

Maria Alekhina and Nadezhda Tolokonnikova will have to quickly learn the inner laws of prison life, survive the dire food and medical care, and risk bullying from inmates either offended by their "punk prayer" against President Vladimir Putin or under orders to pressure them.

In colonies for women, inmates live in barracks with 30 to 40 to a room. They begin the day by shuffling outside for compulsory exercises at daybreak, in temperatures as low as -30 C in winter. After roll call and a breakfast of gruel, they spend seven to eight hours a day at work, usually hunched over sewing machines working on uniforms and other clothing.

Since there is only one women's penal colony near Moscow, female prisoners from the capital are commonly sent to Mordovia, a swampy, mosquito-infested province on the Volga River. Defence lawyers said Alekhina and Tolokonnikova would be transported to a penal colony within two weeks. The location was not yet known.

Despite the harsh conditions, many prisoners nonetheless prefer the colonies to the pre-trial detention centres, where they are kept in cramped, sometimes spectacularly unhygienic cells and only allowed out for an hour a day. The three Pussy Riot members were held in such a centre since their February arrest.

Russian inmates are kept in a system that Russia's own justice minister has described as "monstrously archaic" and whose purpose has changed little for hundreds of years. Czarist Russia sent prisoners to remote Siberian colonies where labour was in short supply; the system was inherited and expanded by the Soviet Union, which worked millions of prisoners to death in the gulag. Russia incarcerates more people than any country in the world bar the U.S. and China.

Prisoners are typically paid the equivalent of about $10 a day, which they can use to buy food, cigarettes, and toiletries.

Alekhina and Tolokonnikova, university graduates, are unlikely to have much in common with their fellow inmates.

Perhaps the greatest danger for the band members, however, will be posed by their fellow inmates. Physical violence, while a danger, is relatively rare in comparison to men's colonies. But the psychological pressure can be greater, said Vitaly Borshchyov, head of the Public Monitoring Commission, a human rights organization that works with the government to improve prison conditions.

The Pussy Riot members' lawyers and supporters also fear that Orthodox believers may attack them, either inspired by the extremely negative coverage of their protest on state television or egged on by state officials.

THE ASSOCIATED PRESS

How they got there

- Maria Alekhina, 24, Tolokonnikova, 22, and Yekaterina Samutsevich, 30, were convicted of hooliganism motivated by religious hatred for a performance in Moscow's main cathedral as Putin headed into an election that handed him a third term as Russia's president.
- The women insisted their protest was political but many believers said they were deeply offended by the sight of the band dancing on the altar in balaclavas.
- An appeals court released Samutsevich on Wednesday, but upheld the two-year prison terms of the others.

In this photo from 2011, women wait to be escorted for work at a women's prison outside Orel, Russia. Two members of the punk band Pussy Riot will serve their sentence in a penal colony far from Moscow. YURI TUTOV/THE ASSOCIATED PRESS

Penal colonies

Other high-profile cases

There have been other high-profile penal-colony inmates in Putin's Russia.

Mikhail Khodorkovsky, the imprisoned head of the Yukos oil company, served part of his 14-year sentence in an Eastern Siberian colony. Once Russia's richest man, he served his time making mittens. Arrested in 2003, Khodorkovsky was convicted in two cases seen as punishment for challenging Putin's power.

Svetlana Bakhmina, a lawyer who spent three years in a penal colony, said you have little free time to yourself in the prison colony, where guards often compel prisoners to attend classes or participate in cultural activities. In a U.S. diplomatic cable released by WikiLeaks in 2010, former Ambassador William Burns recalled visiting a women's prison where inmates put on a "bizarre fashion and talent show" for American officials.

"Boredom doesn't exist in the colony. It's too good a concept for it. You just regret the time you spend," Bakhmina said.

THE ASSOCIATED PRESS

Syria

Jihadists helped seize defence base: Activists

A shadowy jihadi group believed to be linked to al-Qaida fought alongside rebels who seized a government missile defence base in Syria on Friday, activists said, heightening fears that extremists are taking advantage of the chaos to acquire advanced weapons.

THE ASSOCIATED PRESS

Russia. Opposition cries foul over alleged fraud in local elections

President Vladimir Putin's loyalists appeared likely Sunday to retain their hold in thousands of local elections that offered slightly more room for competition, but were marred by opposition claims of widespread vote fraud.

The Kremlin eased stiff election laws in response to major protests against Putin last winter, but introduced new restrictions after the demonstrations abated. Kremlin-approved governors and most of the incumbent mayors appeared poised to preserve their seats and the Kremlin's main United Russia party will likely keep dominating local legislatures and municipal councils.

In one of the most visible races Sunday, opposition activist Yevgeniya Chirikova was challenging the government-backed acting mayor of Khimki, a town just outside Moscow.

Opposition activist Yevgenia Chirikovay. THE ASSOCIATED PRESS

Chirikova, a 35-year-old mother of two who helped organize Moscow's protests, filed two petitions — alleging her rival broke campaign rules and that election officials manipulated voter lists. Authorities rejected her complaints. THE ASSOCIATED PRESS

9-11. Judge may censor Guantanamo detainees in war-crimes tribunal

A U.S. military judge is considering broad security rules for the war-crimes tribunal of five Guantanamo prisoners charged in the Sept. 11 attacks, including measures to prevent the accused from publicly revealing what happened to them in the CIA's secret network of overseas prisons.

Prosecutors have asked the judge at a pretrial hearing starting Monday to approve what is known as a protective order that is intended to prevent the release of classified information during the eventual trial of Khalid Sheikh Mohammed, who has portrayed himself as the mastermind of the 9-11 attacks, and four co-defendants.

Lawyers say the rules, as proposed, will hobble their defence. The American Civil Liberties Union, which has filed a challenge to the order, says the restrictions will prevent the public from learning what happened to the defendants during years of CIA confinement and interrogation.

The protective order requires the court to use a 40-second delay during court proceedings so that spectators, who watch behind sound-proof glass, can be prevented from hearing the classified details of the CIA's rendition and detention program.

THE ASSOCIATED PRESS

Reaction

"It's a truly extraordinary and chilling proposal that the government is asking the court to accept."

Hina Shamsi, an ACLU attorney

Beef plant reverses layoffs to break impasse

E. coli contamination. After weekend finger pointing, the outlook for operations to resume at Alberta firm is improved

The meat-processing company at the centre of an E. coli outbreak is recalling 800 workers it laid off only a day earlier, resolving a deadlock that kept federal inspectors from completing their review of the operation.

The Canadian Food Inspection Agency's (CFIA) evaluation of XL Foods ground to a halt this weekend when the firm announced it was temporarily laying off 2,000 workers. Federal inspectors said they had nothing to inspect without the workers handling the beef.

The Brooks, Alta.-based company blamed the layoff decision on the fact the federal government hadn't given it a firm date for when it would get its licence back in order to fully resume operations.

But late Sunday afternoon, XL Foods put out a news release saying it was recalling 800 workers to help the CFIA finish its job.

The inspectors are currently halfway through a review of how XL employees process 5,100 beef carcasses. If they're satisfied with what they see, XL could get its licence back.

"We look forward to actively working with CFIA to bring this to a viable and timely resolution to allow the plant to recommence operations," Brian Nilsson, co-CEO of XL Foods, said in a release.

That was a different tone than one the company struck just a day earlier, when they urged the CFIA to come to a "swift and viable resolution," apparently without the help of the workers.

The decision to lay off the workers and effectively shutter the plant caused an immediate backlash. The CFIA said it was completely up to XL Foods as to when the plant would be reopened, and Agriculture Minister Gerry Ritz had given no hint of softening on the inspection regime. THE CANADIAN PRESS

Cattle look out from a feedlot in Brooks, Alta., Wednesday. XL foods, which runs a Brooks-based meat processing plant at the centre of an extensive recall, is bringing back laid-off workers so inspections can continue. JEFF MCINTOSH/THE CANDIAN PRESS

Aerospace industry. India presents 'real opportunity' for Canada: Trade council

Canada's aerospace sector can create jobs at home by taking advantage of India's modernization and recent moves to liberalize its foreign ownership restrictions, says the head of the Canada-India Business Council.

The world's most populated democracy has been growing in the shadows of fellow Asian giant China and other regional powers. But with India investing billions of dollars a year in infrastructure, the country is expected to become a top five aerospace country by 2020.

"I think there is a real opportunity for us," council president Rana Sarkar said in an interview from Toronto.

"They're not going to go with one supplier, they're going to go with a syndicate of suppliers and for us to be in that mix is an important thing."

Canada's aerospace and space sectors generate annual revenues of over $22 billion and employ about 80,000 Canadians in more than 400 firms across the country. Companies such as Bombardier and CAE Inc., along with engineering and construction firms are already pushing to take advantage of the growing demand for new aircraft, pilot training and airport construction.

But more potential remains untapped. "In virtually every sector in the aviation business, this is sort of like the 1950s in North America. You're starting to see just an arithmetic growth," he said. THE CANADIAN PRESS

Rana Sarkar, president of the Canada-India Business Council, says India's aviation industry is undergoing "arithmetic growth." CONTRIBUTED

By the numbers

$1T

The aerospace opportunity in India could total $1 trillion, and even though Canada's share will be small, it's still significant compared to where Canada's sector has been historically, says Rana Sarkar, head of the Canada-India Business Council.

Canada-EU trade. Drug-patent deal could cost $2B yearly: Officials

Confidential federal research on free-trade talks with Europe shows giving the EU just one part of what it wants on drug patents would cost Canadians up to $2 billion a year.

The Department of Foreign Affairs and International Trade has always insisted it's a "myth" that the Canada-EU free trade deal would increase health costs.

But in September, officials at Industry Canada and Health Canada combined forces to examine the cost of the European demand to implement a patent-term restoration system, The Canadian Press has learned.

They found that based on past history of approval patterns, the EU proposal would add an average life of 2.66 years to a typical drug patent, and increase Canadian drug costs by between $795 million and $1.95 billion annually.

The range of projections is large because government analysts have no way of knowing exactly what kind of drugs will be in line for patents in the future, and had to make some broad assumptions. THE CANADIAN PRESS

TD Bank

Wayward data tapes affect 1,000 U.S. account holders

A TD Bank spokeswoman says about 1,000 Canadians with U.S. accounts could be affected after data tapes containing personal information were misplaced.

Maria Saros Leung says letters will be sent to those customers by next Friday. But she says in an email that the bank is not classifying the incident as a breach since there's no evidence of criminal activity.

TD Bank has confirmed that unencrypted backup data tapes were misplaced during transport in March, and has started notifying about 260,000 customers from Maine to Florida.

The U.S.-based subsidiary says in a statement it has no evidence the data on the tapes is being used for any inappropriate purpose and is calling it an "isolated incident." It says an internal investigation has been launched and the incident reported to law enforcement. THE CANADIAN PRESS

Radio-Canada focuses too heavily on Quebec news, researcher finds

A long-standing complaint concerning Quebec navel-gazing by the CBC's French-language news service has been revived as the national broadcast regulator considers Radio-Canada's licence renewal.

Sen. Pierre de Bane, a former Liberal cabinet minister under prime minister Pierre Trudeau, commissioned an exhaustive research study that suggests Quebec television viewers may be getting an "unrepresentative image of the Canadian reality."

A scientifically vigorous sample of 2010 newscasts on Le Telejournal, taken by a Carleton University researcher, found 42 per cent of the coverage focused on Quebec, a third dealt with international news and just 20 per cent covered Canadian "national" news.

Regional stories focusing on the other 11 provinces and territories comprised less than six per cent of Le Telejournal's coverage over a month-long period. By contrast, CBC's The National focused 37 per cent of its newscast on Canadian national news, 36 per cent on international events and 27 per cent on the provinces and territories.

And with almost as many journalist employees in the French service as the entire English CBC, de Bane can't understand why Le Telejournal and Radio-Canada don't more fully cover the country. THE CANADIAN PRESS

By the numbers

20%

A study found that just 20 per cent of newscasts on Le Telejournal covered Canadian national news, while 42 per cent covered Quebec.

FEARLESS FELIX GIVES US HOPE

URBAN COMPASS
Paul Sullivan
saskatoon@metronews.ca

Whew.

I'm exhausted. I just watched Felix Baumgartner jump out of a balloon from 128,000 feet or around 39 kilometres above the Earth.

Then I held my breath as he went into free fall, tumbled around, straightened out, deployed his parachute, and then landed … walking.

That was the best part. This Austrian daredevil leaps out of a tiny capsule at the edge of space, and lands into a stroll.

And it all took about 10 minutes. There are now confirmed reports that he broke the sound barrier on the way down.

If I'm exhausted, I wonder how he feels. The whole ride down may have taken 10 minutes, but the ascent in the balloon took hours of suspense-filled agony, in which Fearless Felix had plenty of time to contemplate the different ways he could die.

The sky's the limit, or is it?

"While the rest of us stand here on the ground with our mouths open, Felix Baumgartner reached for the sky."

His blood could boil if his cabin or suit failed to pressurize. He could freeze to death when he encountered temperatures of -90 F. He could spin out of control and black out. His chute could fail to deploy and he could do a Wile E. Coyote into the dirt from 128,000 feet.

That sort of thing could give even Fearless Felix pause to consider. But none of it happened, and today he's the toast of the daredevil planet. Eat your heart out, Sir Richard Branson.

Of course, there are detractors, no shortage of people wondering, Why spend so much time and money on what is little more than a stunt? Or if this ultra-high-altitude bailout is so important to science and space flight, why send a real human to do the job of a crash-test dummy? One guy even called it a waste of the helium used to inflate the balloon.

These questions always have more power if something goes wrong and the blame gets passed around. But nothing went wrong, except the heater on his faceplate apparently failed to operate properly and it started to frost up on the way down.

I think he was lucky that that was the only thing to frost up on the way down.

But while the rest of us stand here on the ground with our mouths open, Felix Baumgartner reached for the sky. Then he did more than that. He went beyond, to the point where there is no sky. Then he jumped.

How can you not give him a standing ovation? He really did go where no one has gone before. All by himself, and then he came back, literally walking back down.

As long as there are guys like Fearless Felix willing to go farther, faster, better, best and beyond, there is hope. Hope that one day, we will solve the problems that plague our existence and take us to the next level.

Wherever that is. I can barely stand to watch.

Big Brother auditions

Canadians compete for the spotlight

Turns out Canada has a healthy share of reality-show schemers and dreamers.

The casting call for Big Brother Canada drew its biggest turnout Sunday when the show made its final audition stop in Toronto.

Hundreds of wannabe players filled a cavernous hotel ballroom that had been converted into a waiting room for the day.

They included Kristy Gorny, a 35-year-old single mom from Oshawa, Ont., who said her longtime love for other elimination-style reality shows, including Survivor and The Amazing Race, would give her an edge. She knew exactly how she'd play the game if chosen to be on Big Brother Canada — where 14 people will be made to live together in a camera-rigged house cut off from all contact with the outside world.

"I'm assuming most house guests will think that I would be more like the mom of the (house) but really I'm going to be the competitive gamer that'll probably stab you in the back," said Gorny, who arrived just before 8 a.m. and expected to wait several hours to see the judges.

THE CANADIAN PRESS

Polar bear? No, it's polar beer!

ROBERT NEMETI/SOLENT

Quirky beer making

Un-freezable bevy for polar explorers

A special beer has been crafted to survive the coldest place on Earth — the South Pole.

The British ale Pole-Axed is designed to retain its flavour after being frozen in temperatures of -89 C.

Previously, ales brought to Antarctica could not cope with the low temperatures — the beer would freeze and lose its taste.

METRO

Explorer's viewpoint

"We've never asked a brewer to do this kind of thing before but we thought it would be a nice idea.... I've had a taste of it already and it's a brilliant beer. It will be a great treat for Christmas Day."

Explorer Rob Brown, pictured, from the National Oceanography Centre in Southampton, England
Brown is one of the team members who will be enjoying the beer in Antarctica

Beer status

Beer's journey for Christmas arrival

The secret-recipe ale, which is due to make its 16,000-kilometre journey to the South Pole this week, is currently being put into plastic bottles, which will then have the air squeezed out of them.

The process allows the liquid to expand when frozen and prevents the gas from escaping.

After it arrives, it will be kept safe until Christmas Day when the explorers will merrily drink it.

METRO

Yuletide lager

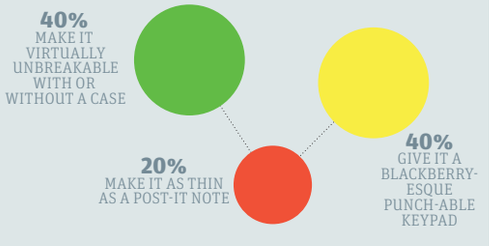
20

pints (11.3 litres) of beer will be sent to the polar explorers to enjoy on Christmas Day. The team from the British Antarctic Survey and the National Oceanography Centre will be conducting research at the subglacial Lake Ellsworth for three months.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What would you change about the iPhone 5?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MAKE IT VIRTUALLY UNBREAKABLE WITH OR WITHOUT A CASE
40%
GIVE IT A BLACKBERRY-ESQUE PUNCH-ABLE KEYPAD
20%
MAKE IT AS THIN AS A POST-IT NOTE

Twitter

@avlavl:
That moment when you wake up at 9am and say "What? Oh yeah. THAT happened"

@smilingsandra:
I feel like I cannot wake up today! Ugh!

@MacPhersonA:
Walked into a bar tonight. Ninety seconds later, I was onstage playing drums with the rock band. Awesome. #yxe

@jdpitman:
I had a dream last night that we had a rink behind my apartment building. We all played hockey. Sigh. #withdrawal

@Metalxpressions:
What a great day in Saskatoon. Perfect for checking out local art at the void. #saskatoon arts

@jrsmith82:
Some days I wonder if I think before acting!! Costco #yxe is a zoo!!!

metro
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Canada's game show heritage is as rich as a vat of maple syrup, dripping with decades worth of eager-beaver contestants and smooth talking hosts who left an indelible mark on the quizzical landscape. With Comedy Network tapping Oshawa stand-up comic Darrin Rose to emcee a reboot of Match Game, we salute this country's outsized contribution to the high-stakes genre.

MIKE DOJC
scene@metronews.ca

Classic show revisited

Fill in the blanks with DiGiovanni

Debra DiGiovanni is among the regular panelists who will be appearing on the new version of Match Game, which starts airing today on The Comedy Network. We decided to ask her a few questions from the 1973 season of the classic game show that asked celebrities and contestants to fill in the missing word.

1. One spy said to the other, "Beware of Lola, one of her __CAMERAS__ is really a camera."
Debra says: This is an example of some of the answers we received from nervous contestants. Cute.

2. The sexiest thing a woman can wear is ___A SMILE (WHILE NAKED)_____
Debra says: I'm totally guessing at this one. I clearly have no idea.

3. John and George traded __WIVES____ for a week
Debra says: I'd choose that answer because I know that for most men, that's their biggest fantasy, especially if their wives were sisters. I know, men are weird!

4. Mary liked to pour gravy on John's _LAP____
Debra says: Responding with a smutty answer is a surefire match. I would've said "BOOBS" but then that changes the back story on John and Mary's relationship.

Hometown Showdown: Where do these hosts hail from?

Monty Hall Let's Make A Deal

Clue: A Winnie the Pooh costume could sweeten an audience member's chances of getting picked to trade for a prize.

ALL HOSTS GETTY IMAGES

Howie Mandel Deal or No Deal

Clue: With the big five all based here, there are plenty of bankers available to sway a contestant to part with their briefcase.

Alex Trebek Jeopardy

Clue: This 'Nickel City' east of Sault Ste. Marie and west of North Bay is the stomping ground for a hockey team that howls.

Flip over for answers

- 1. Winnipeg
- 2. Toronto
- 3. Sudbury

Name that Homegrown Show

J_ _t Like M_ _
The signature segment on this family affair from the 1980s was the 60-second bake-off where young contestants would blitz through a recipe. Their grown-up partners would then taste test the rushed dishes and determine which one their kid made.

T_ _t P_ _ tern
Mini-games like human piñata, bowl and win, dance break, and hide the salami lent this wacky hit a fraternity party feel. The game-ending lightning round had contestants put on helmets with light bulbs on top and whack a button on their forehead to buzz in.

_ _ m _ _r Stu_ _ers
This Global TV puzzler hosted by Al Dubois turned the highway boredom busting pastime of attempting to decode the meaning of vanity licence plates into word nerd heaven. If the show was still airing today, a clue would be "MRONV" belongs to The Voice judge Adam Levine. Answer: Maroon 5.

_ _u B_t _ou_ A_ _
This trivia show was never short on potty humour. Take this actual question from the category 'Smelly Things:' "What colourful mixture of dried flowers, herbs and spices is often found in a woman's bathroom to unsuccessfully mask the odour of her number twos?"

Remember this one? Or are you stumped? Get it? SCREENSHOT

Flip over for answers

- 1. Just Like Mom
- 2. Test Pattern
- 3. Bumper Stumpers
- 4. You Bet Your Ass

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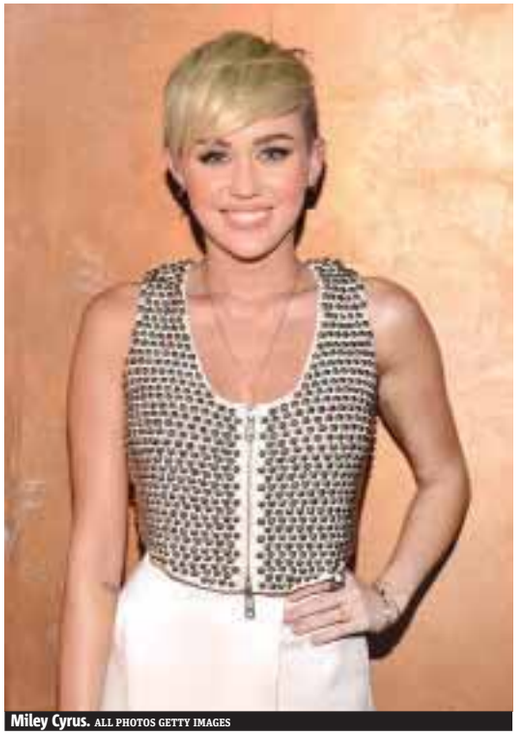
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Miley Cyrus. ALL PHOTOS GETTY IMAGES

Hemsworth and Cyrus get matching tattoos

They've already proven their devotion to each other through getting engaged and adopting more than enough dogs, but Miley Cyrus and fiancé Liam Hemsworth apparently wanted to go a step further and get connecting tattoos.

In July, Cyrus had an excerpt from a speech by Theodore Roosevelt inked on her forearm, and Hemsworth has since gotten the rest of the quote tattooed on his forearm, according to Hollyscoop.

Quoted

"If he fails, at least fails while daring greatly"

What one half of the Cyrus/Hemsworth tattoo says.

Cyrus' arm has one part, Liam has the other.

"So that his place shall never be with those cold and timid souls who neither know victory nor defeat," while Hemsworth's continues, "If he fails, at least fails while daring greatly."

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The Word

Penn and Madonna re-uniting?

THE WORD
Dorothy Robinson
scene@metronews.ca

Forget the rumours of Beverly Hills 90210 actors Luke Perry and Jennie Garth falling back in love after reuniting for an Old Navy commercial — here's a pop culture reunion that's much, much juicier.

On Thursday, Sean Penn sat front and centre at his ex-wife Madonna's Staples Center concert and even visited her backstage.

An extremely excited (and pervertedly descriptive) source tells RadarOnline that during the concert, Madonna "stared Sean dead in the face, smiled, unzipped her pants, and mooned the crowd, but it was really like she was mooning Sean!"

The source added that, "He laughed and clutched his chest like he was going to pass out. She was wearing a black lacy thong, and her butt looked perfect! So smooth and tight. ... like a 20-year-old's!"

After the show, Penn was spotted backstage "gushing" over his ex.

"Sean was like a teenage boy meeting his idol," another eyewitness told the site. "It was amusing, and kind of cute."

Penn and Madonna were married from 1985 to 1989. It was, by all accounts, a tumultuous relationship fraught with court cases, fights and the amazing disaster that was Shanghai Surprise.

But, hey — perhaps the past 30 years have mellowed out the stars. Oh man — like an adult who continues to hold out hope that their divorced parents will get back together despite living in different states for 20 years — I want this so much.

Lindsay Lohan

Lohan loans money to Mom to save her house

Lindsay Lohan's recent scuffle with mom Dina Lohan apparently had something to do with money — and a reported $40,000 loan.

But according to new reports by the New York Post, that barely scratches the surface of Dina's debt situation.

Dina is reportedly in debt for $1.3 million, including $914,000 she owes to JPMorgan Chase for the mortgage on her Long Island home, according to the newspaper.

And that loan from Lindsay?

That was apparently a last-ditch effort to keep her house out of foreclosure.

Mila Kunis

Kutcher and Kunis heating up

Ashton Kutcher and Mila Kunis continue to sweep New York with the public displays of affection, this time treating themselves to some gelato in the West Village, according to People magazine.

"When they walked out, Ashton fed Mila some of her ice cream," a source said. "They were very cute together."

Kutcher has been staying with Kunis while she films a movie in New York, and while there they've done little to hide their love.

Twitter

@hughhefner
I'm working on my scrapbook this afternoon, Volumes 2610-1, covering May 27-June 1, 2012, including the return of Crystal. Happy days!

@RealHughJackman
On set for my birthday. Thanks for all the best wishes!

@stephenfry
Wonderful lunch with a friend & his family in Kent. Then a stout walk in leafy lanes & woods. How beautiful the countryside there is.

@SarahKSilverman
No one's looking

Ditching the very distracted dinner table

Family time. Sitting down to eat together is an important part of inspiring and engaging

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Adults are also encouraged to share parts of their day at the dinner table. SUBMITTED

My 13-year-old daughter came home from school and said her teacher had asked the class how many families had dinner together on a regular basis.

To her (and my) surprise, she was the only one who raised her hand. Fellow students reported that they were more likely to eat in front of the television alone, in their rooms or grab fast food on the way to an activity.

When kids are little, parents physically have to be in attendance to make sure their nutritional, hygienic and logistical needs are met during meals.

As they get older, the physical needs wane, and it can seem easier to just have everyone take care of themselves. Additionally, it can become more difficult for families to find an evening when there isn't a hockey game, a late meeting or a school fundraising activity to get to — which makes it all the more important to find the time to eat together on the nights where everyone can make it to the table.

Not only does it inspire and engage the children in conversation about their day, but it helps to avoid the number one complaint that parents have about bad table manners they see in their own and other kids: The inability of kids to sit still during a meal.

Technology has invaded our dinner space with television, tablets, and, of course, the constant use of smartphones, with email and texting. Eliminate the distractions and start talking. Mom and dad need to be the role models for this behaviour, so put away the phone before you sit down at the table, and make it a family rule.

Conversation lagging? Consider bringing some quiz questions to the table on current events that are age appropriate for your children.

Adults are also encouraged to share parts of their day, to allow the kids to better understand the challenges and successes they're having.

Where possible, try not to schedule after-school lessons and sports at a time that makes a family meal logistically challenging. Consider changing your "regular" meal time to one that most of the family can manage.

Make sure homework is out of the way as early as possible, so dinner time doesn't have to be fraught with the stress of work to come.

Get the kids involved in meal planning, and remember; it doesn't hurt to have them take responsibility for table setting and clearing. Make it a family activity. Bon appétit!

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

Benefits

The studies speak loud and clear.

- **Healthy lives.** Numerous studies have shown that benefits of families sharing meals include: children being less likely to develop eating disorders, better communication between kids and parents, more fruits and veggies being eaten and kids being more likely to maintain an appropriate body weight.

Exclusively online

metronews.ca/voices

- **Why mommy's reaching for that martini.** Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Feeling overwhelmed, mom? Declare a strike

Dishes piled up when a Calgary mom went on strike . ISTOCK

Jessica Stilwell let plates pile up and left stinky laundry scattered on the floor to teach her messy kids a lesson.

After six days, she declared victory in her "mommy strike" and gained worldwide attention for her comical blog detailing the struggle.

"Could I ever have imagined this? Absolutely not. It's very overwhelming," Stilwell said over the phone Friday following an interview with TV host Katie Couric in New York.

The 37-year-old social worker appeared earlier in the week on The Today Show and got a high-five from host Matt Lauer for her parenting experiment.

She's off again next week to do The Jeff Probst Show in Los Angeles. Her story has appeared in newspapers from New York to London. Her blog has attracted comments from mothers as far away as France.

Stilwell said the strike worked for her family.

"I think we all learned that despite us being a really busy family, we can't let it slip. My girls have responsibilities."

Stilwell's blog — Crazy Working Mom: Diary of a mother on the brink of snapping! — details how she got fed up with her daughters and decided to go on strike Oct. 1.

She let her husband, Dylan, in on the plan but they didn't tell the girls — twins Olivia and Peyton, 12, and Quinn, 10.

The couple cleaned up each plate and fork they used but left the girls' dishes untouched.

Mould and fruit flies gathered. One pet dog licked clean the dishes that made it into the dishwasher when the door was left open. "Which begs me to question," wrote Stilwell, "if the children will think it's actually clean and proceed to use the dishes in the morning?"

Her youngest girl cracked on Day 4. "My little love broke down in the kitchen tonight as she was trying to rinse a glass to use and began to cry. Through her sobs she said, '...Can you please help me clean up?"'

Stilwell said she tried to negotiate, but it took two more days before all three girls realized they had created the mess and apologized. They then cleaned as a family.

"I know some of you are sad 'The Strike' is over. But feel happy for me please. I WON!!" wrote Stilwell. THE CANADIAN PRESS

A sweet ending in a small bite

Glazed Apple-Ricotta Tarts

This recipe makes 12 tarts. NEWS CANADA

Homemade pastry sets the stage for a creamy-sweet combo of ricotta cheese and apples.

1. Pastry: In measuring cup, whisk together sour cream and water. Keep cold in refrigerator.

2. In food processor, pulse together flour, cornmeal, sugar and salt to combine.

3. Pulse in butter until mix resembles large peas. Pulse in chilled sour cream mix until a rough dough forms. Cover in plastic wrap and flatten into disc. Chill at least one hour.

4. Filling: In saucepan over medium low heat, stir apples, sugar, Calvados and lemon zest; cook, covered, stirring occasionally, until apples are very tender, about 30 minutes. Remove from heat and let cool. Stir in ricotta.

5. Preheat oven to 375 F (190 C). Divide dough into 12 pieces and roll into 4-inch (10 cm) discs. Arrange in greased muffin tin. Repeat with remaining dough. Fill each with 2 heaping tablespoons (30 ml) of apple ricotta mix. Fan apple slices over top of each tart. Melt jelly in microwave for about 30 seconds or until pourable. Drizzle over each tart.

Ingredients

Pastry
- 1/4 cup (50 ml) sour cream
- 1/3 cup (75 ml) ice water
- 1 cup (250 ml) unbleached all-purpose flour
- 1/4 cup (5 ml) cornmeal
- 1 tbsp (15 ml) granulated sugar
- 1/4 tsp (1 ml) salt
- 1/3 cup (75 ml) cold butter, cubed

Filling
- 2 lbs (1 kg) apples (such as Spartan, Cortland or Empire), peeled, cored and diced
- 1/4 cup (5 ml) granulated sugar
- 1/4 cup (50 ml) Calvados (apple flavoured liqueur)
- 1 tbsp (15 ml) lemon zest
- 1/4 cup (50 ml) whole-milk ricotta cheese

Topping
- 2 apples, peeled, cored and thinly sliced
- 1/4 cup (5 ml) bottled apple jelly

6. Bake in centre of preheated oven until pastry is golden and filling is bubbling, about 45 minutes. Transfer to cooling rack and cool 10 minutes before removing tarts from tin.

NEWS CANADA

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

There's nothing like heading to the movie theatre and grabbing a bag of popcorn. But unless you're interested in consuming loads of calories, fat and sodium, watch what you purchase.

Large popcorn with 5 pumps of butter topping, large pop and peanut M&M's

2,280 calories/ 109 gm fat/ 1,380 mg sodium This snack contains an entire day's worth of fat, calories and sodium.

Equivalent

Mindless snacking on a large popcorn with five pumps of butter topping, large pop and peanut M&M's while watching a movie, may lead you to eat the equivalent, in calories, to two pounds of barbecued pork back ribs.

Small popcorn with 1 pump of Becel, small diet pop and Mars bar

840 calories/ 49 gm fat/ 600 mg sodium You can indulge at your fave flick but it's still not nutritional.

Apple Cranberry Brûlée. Combine two fall faves

1. Heat the oven to 450 F. In 9-inch round shallow baking dish, combine apples, cranberries, 2 tablespoons maple syrup and 2 tablespoons brandy.

2. Cover baking dish with foil and bake in middle of oven 35 minutes, or until paring knife goes through apples very easily. Remove from oven and increase the oven heat to 500 F.

3. While apples baking, in bowl, whisk egg yolk, remaining 3 tablespoons maple syrup, remaining tablespoon brandy, cornstarch, vanilla and salt. Set aside.

4. Once apples tender, in another medium bowl, beat egg whites until form soft peaks. Stir one half of whites into yolk mix, then gently but thoroughly fold in remaining whites. Spread mixture evenly over the top of apples.

Ingredients

- 2 medium apples, peeled, cored, quartered and sliced
- 1/3 cup dried cranberries
- 5 tbsp maple syrup, divided
- 3 tbsp brandy, divided
- 1 large egg yolk
- 1 tbsp cornstarch
- 1/2 tsp vanilla extract
- Pinch table salt
- 2 large egg whites, room temperature
- 2 tbsp dark brown sugar

5. Place brown sugar in a mesh sieve. Hold sieve above egg topping and press sugar through it to evenly sprinkle it over topping. Bake dessert in top third of the oven until nicely browned, about 2 minutes.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS

Discover the unique treat that is Gorp-Stuffed Apple Bowls

The best thing about gorp is being able to customize it and add all of your favourite fruits and nuts. Substitute soy nuts for the peanuts if nut allergies are a concern.

1. In a large bowl, combine all ingredients and gently mix well. Store in an airtight container.

Gorp-Stuffed Apple Bowls

This is a great fall treat! The apple is hollowed out and stuffed with peanut butter and gorp.

1. Place the gorp in a food processor and pulse for 3 to 5 seconds, or until lightly chopped. Transfer to a small bowl and mix in the peanut butter. Set aside.

2. To make the apple bowls, carefully slice each apple in half down the centre. Use a melon baller to hollow out each of the 4 apple halves, leaving about 1/2 inch of apple flesh to form the bowls. Brush the apples with lemon juice to prevent browning.

3. Spoon a quarter of the peanut butter mixture into each apple half. Serve immediately or wrap to pack for lunch. To wrap, press 2 of the apple halves together, then wrap in plastic.

Ingredients

Gorp
- 1/2 cup toasted coconut flakes
- 1/2 cup roasted, unsalted cashews
- 1/2 cup roasted, unsalted almonds
- 1/2 cup roasted, salted peanuts or soy nuts
- 1/2 cup banana chips, lightly crushed
- 1/2 cup M&M's
- 1/2 cup peanut M&M's
- 1/4 cup toasted pepitas (shelled pumpkin seeds)
- 1/4 cup dried cherries
- 1/4 cup raisins
- 1/4 cup diced dried apricots
- 1/4 cup finely diced crystallized ginger

Gorp-Stuffed Apple Bowls
- 1/2 cup gorp
- 1/4 cup peanut butter, almond butter or soy nut butter
- 2 large tart apples, such as Granny Smith or Pink Lady
- Lemon juice

Customize this snack. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, A GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON, AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK.

The In-Credibility Factor

Name: Devon Brooks
City: Vancouver
Age: 26
Occupation: Brand and business advisor, public speaker

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Devon started Blo Blow Dry Bar with two other women when she was still in school and today it has grown to 28 locations across Canada and the U.S. While starting her business no one knew she was going through post traumatic stress disorder from being raped when she was 18 and violently assaulted and held against her will when she was 21. Today she speaks about her experiences and how personal troubles shape our lives and affect how we do business.

I knew I was on my way when... I gave my first public talk about my experiences with assault. I knew sharing this was the most important thing I was going to do. You're not always responsible for what happens to you, but you are responsible for how you behave. As a leader, if you're not abreast of what's impacting humanity, you can't understand what's impacting your people. Statistics around violence are staggering. Leadership is in how we react to what we learn — it shapes and defines the future for our companies, teams, and our lives.

Action Plan

• Define your core values: They are the essence of us as individuals and the foundation of our company's potential. Live and die by your values. Hire and fire by your values.

• Never sacrifice them: Most things in life are negotiable. Your values are not one of them.

• Get real on passion: Passion is a choice. It is when you give something more energy than is required. Passion is your core values in action.

Devon Brooks PROVIDED

Fatigue getting a failing grade in France's schools

C'est la vie! Country looking to upend school year traditions in support of work-weary youngsters

Critics of the possible addition of a Wednesday school day in France have suggested lengthening lunch to three hours to tackle the long work days of students. CHRISTOPHE ENA/THE ASSOCIATED PRESS

French children go to school four days a week. They have about two hours each day for lunch. And they have more vacation than their counterparts almost anywhere in the West.

It may sound a bit like the famously leisurely work pace enjoyed by their parents, most of whom work 35 hours per week as dictated by law.

But the nation's new government says elementary school kids risk classroom burnout, and is moving to help them cope. The issue: French school days may be relatively few, but they are at least as long as a day of work for adults. Even 6-year-olds are in class until late into the afternoon, when skies are dark, attention flags and stomachs rumble.

As a candidate, President Francois Hollande promised to change things by adding a fifth day of classes on Wednesday while shortening the school day. For France, it's something of a revolutionary idea that would overturn more than a century of school tradition. The thinking is that the days are too full for young children under the current system and that Wednesday free time could be put to more productive use.

"France has the shortest school year and the longest day," Hollande said at the time, promising change.

His education minister, Vincent Peillon, will decide this month how to carry out the reform. He has said he may also compensate for a shorter school day by trimming France's sacred summer vacation. A panel of experts will present their conclusions on Friday, and the president is expected to address the issue on Tuesday.

No proposal affects tradition — and potentially family and municipal budgets - as much as what the French call changes to the "scholastic rhythms."

There's been a midweek break in French primary schools dating back to the 19th century, a government concession to the Roman Catholic Church, which wanted children to study the catechism on their weekday off. In today's secular France, Wednesdays currently are a blur of sports, music, tutoring for families of means, or a scramble for working parents struggling to get by — who must either find a sitter or send their kids to a full day at a state-run leisure centre.

Many parents are afraid that the changes will force them to figure out extra childcare five days a week, especially at schools where the afterschool program amounts to sitting silently at a desk for two hours or near-chaos in the play areas. Under the education proposal, school would end at lunchtime on Wednesday.

"It's completely unrealistic," Valerie Marty, president of the national parents' organization, said of the proposed timetable. "They have to figure out who will take care of the children after school, who will finance it."

THE ASSOCIATED PRESS

C'est dommage!

Things aren't exactly easy for French kids.

- Despite long summer breaks and the four-day school week, French elementary school students actually spend more hours per year in school than average; 847, compared with 774 among countries in OECD, a club of wealthy nations. But the time is compressed into fewer days each year.
- The French school day begins around 8:30 and ends at 4:30 p.m., even for the youngest, despite studies showing the ability of young children to learn deteriorates as the day goes on.

The long and short of it

France has the shortest school year and the longest day."

Ecoliterate co-author Lisa Bennett

Mentor in the making

Help me to help. Learn how to take a young worker under your wing

Mentoring helps people to focus on business challenges and arrive at ways to overcome them. For small business owners, research has shown that having a mentor can substantially increase the overall success rate.

Yet, like all relationships, a mentoring relationship takes time and work.

The Canadian Youth Business Foundation, an organization that provides mentors to young entrepreneurs, suggests the following key attributes for a successful mentoring relationship:

Trust Built over time, trust means being able to share sensitive information, including personal doubts, financials and mistakes. Trust is gained from a mentee by remaining neutral while offering actionable advice. A mentor grows to trust their mentee when they see their advice reflected upon and applied.

Mutual respect When choosing a mentor most individuals chose someone that they respect for some aspect of their personality or success. This has to be ongoing and work both ways. The mentor also needs to respect their mentee's ideas, experiences and concerns. Each side needs to respect the other's time and commitments.

Structure There should be clear boundaries in the relationship, such as defining appropriate areas for advice; making sure that communications from both parties are timely; and scheduling times to meet or talk.

NEWS CANADA

All meetings should have some structure so that they can be productive and meet all expectations. ISTOCK

Active listening

The skill of listening is central in creating a positive mentoring environment

- Good mentoring is about giving your undivided attention to the other while you are in conversation.
- There must be time for both individuals to question the other, and to offer thoughtful answers.

Umpire Jeff Nelson watches Detroit's Omar Infante dive back to second as Yankee Robinson Cano applies the tag on Sunday night at Yankee Stadium. Nelson called Infante safe on the game-changing play in the eighth inning. BRUCE BENNETT/GETTY IMAGES

Missed call propels Tigers to 2-0 lead

ALCS. Umpire's gaffe leads to pair of Detroit runs in tightly contested Game 2

Anibal Sanchez and the Detroit Tigers made the plays, got a favourable call from an umpire and took advantage of their few chances at the plate.

The reward: A commanding lead in the AL championship series, and a trip home with their ace ready to start.

Sanchez shut down a Yankees lineup minus injured shortstop Derek Jeter, and Detroit won without any drama, beating New York 3-0 on Sunday for a 2-0 cushion.

Yankees starter Hiroki Kuroda pitched perfect ball into the sixth inning but the slumping New York hitters looked lost.

Making his second postseason start, Sanchez pitched three-hit ball deep into the game to make Tigers manager Jim Leyland's handling of a bullpen without struggling closer Jose Valverde a lot easier.

The Tigers scored twice in the eighth after second-base umpire Jeff Nelson missed a call on a two-out tag at second base.

Game 3 in the best-of-seven series is Tuesday night in Detroit, with reigning AL MVP Justin Verlander starting for the Tigers against Phil Hughes. Verlander went 2-0 in the division series versus Oakland, including a four-hit shutout with 11 strikeouts in the decisive Game 5. THE ASSOCIATED PRESS

Game 2

Tigers	Yankees
3	0

Jeter injured

Yankees shortstop Derek Jeter was absent for Game 2 on Sunday, off undergoing tests after his left ankle cracked in the 12th inning of Saturday night's 6-4 loss to the Tigers.

- Jeter had scans Sunday, which confirmed the fracture.

WHL

Blades improve throughout weekend, taking 2 of 3

The Saskatoon Blades wrapped up their three-game road trip on Sunday night with a 6-3 win over the Tigers in Medicine Hat.

The Blades were coming off a 5-2 win over the Lethbridge Hurricanes on Saturday night, and got a strong performance from Brett Stovin, who posted his first career hat trick.

The Blades' only loss on the western road trip came on Friday night in Kootenay, where Josh Nicholls had a pair of goals in a 4-3 loss against the Ice.

The Blades improved to 4-7 on the season. Up next, they face off against the Tri City Americans at Credit Union Centre on Wednesday at 7:05 p.m.
METRO

CJFL

Hilltops roll past Edmonton to set up championship clash with Regina

The Saskatoon Hilltops are off to the Prairie Football Conference final.

The Hilltops got the better of the Edmonton Wildcats on Sunday afternoon at Gordie Howe Bowl in Saskatoon.

The defending national champions won in a convincing fashion, 42-11.

The Hilltops now face their provincial rival – the Regina Thunder in the final on Oct. 21 in Saskatoon.
METRO

No excuses after Riders fall in Edmonton

Eskimos quarterback Kerry Joseph gets tackled by Roughrider Craig Butler on Saturday in Edmonton. IAN JACKSON/THE CANADIAN PRESS FILE

The Edmonton Eskimos have gone from a team all but written off to one that controls its own destiny.

Saskatchewan, meanwhile, saw a three-game winning streak come to an end.

Kerry Joseph passed for three touchdowns Saturday as the Eskimos kept a possible playoff path through the CFL's West Division open with a 37-20 victory over the Saskatchewan Roughriders.

It was the second win in a row for the Eskimos on the heels of a five-game losing streak and improved their record to 7-8 to move one game back of the Roughriders (8-7) for third in the West.

"We knew we were on a short week, but we can't use that as an excuse," said Roughriders head coach Corey Chamblin. "We came out to play a football game and they won it. We must move on. We're still a winning team right now. Our focus is to get into the playoffs and the biggest disappointment is that we didn't get into the playoffs today."

Edmonton now also owns the season series between the two teams in the event of a tie.

"We've turned some things around," Joseph said. "I think we have turned the corner, but we are not where we want to be yet."

Both teams are ahead of Hamilton for third in the East Division in the event of a playoff crossover game.
THE CANADIAN PRESS

By the numbers

41-9

Edmonton's record against the Roughriders at Commonwealth Stadium improved to 41-9 after Saturday's win.

Horoscopes

♈ Aries
March 21 - April 20
Not even an Aries can be totally independent, not all the time, so accept that this is one of those occasions when others are calling the shots – and don't just assume that their decisions will be bad for you.

♉ Taurus
April 21 - May 21
An offer of some kind may mean more work for you personally but you are big enough to handle it - and smart enough to realize that if you don't take it someone else will. Don't you dare say no!

♊ Gemini
May 22 - June 21
Today's new moon is so well placed in your chart that even the smallest of efforts on your part will yield super-size dividends. Is there a limit to how high you can rise? No there is not, so go for it.

♋ Cancer
June 22 - July 23
It's time to smooth out any problems you may be having at home. Don't wait for loved ones to make the first move – it is up to you to get bad feelings into the open where they can be dealt with.

♌ Leo
July 24 - Aug. 23
You must make more of an effort to put your point of view across, especially in social situations where your way with words could open doors that have been closed to you in the past. Get your silver tongue working.

♍ Virgo
Aug. 24 - Sept. 23
There is a very good chance that your income will increase over the next few days, maybe dramatically so. You will, of course, find more things to spend it on, so you may not be any better off.

♎ Libra
Sept. 24 - Oct. 23
A new moon in your sign is a firm promise of better days ahead. The most important thing now is that you believe you are capable of anything, for the one thing that could hold you back is self-doubt.

♏ Scorpio
Oct. 24 - Nov. 22
You will be thinking deeply today about your life and the direction it seems to be heading. Change is necessary. Change will bring success. But first you must get over your self-doubt – there is simply no need for it.

♐ Sagittarius
Nov. 23 - Dec. 21
New friendships you make over the next two or three days will last a lifetime. Even a Sagittarius needs encouragement now and again and the people you meet will inspire you to aim higher than ever before.

♑ Capricorn
Dec. 22 - Jan. 20
Today's new moon means you are destined for some kind of celebrity status – you will certainly get noticed by the powers that be. Remember though that the bigger your public face the less of a private life you may have.

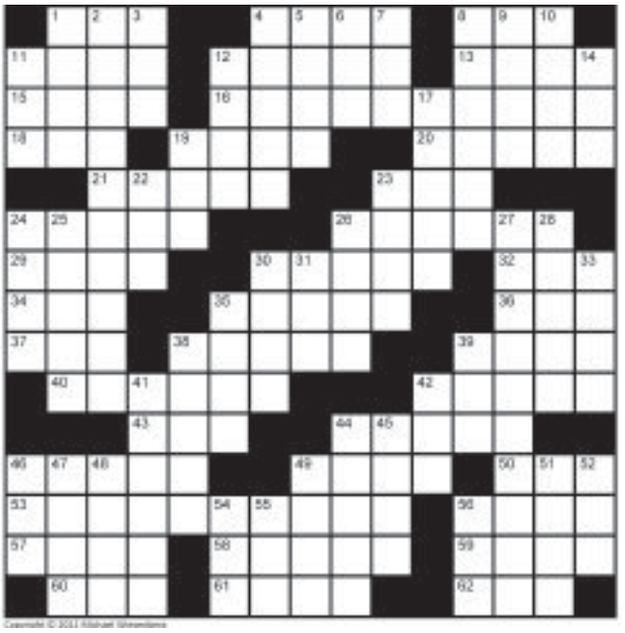
♒ Aquarius
Jan. 21 - Feb. 19
If you have been thinking about doing something different with your life today's new moon in your fellow Air sign of Libra will help you see that your dream is both possible and desirable.

♓ Pisces
Feb. 20 - March 20
Today's new moon will help you focus on what is important and help you make whatever tough decisions may be necessary. What you achieve before the end of the year depends on what you do now.

SALLY BROMPTON

More of Same

BY MICHAEL WIESENBERG



Across
1. Expire
4. Feeling achy
8. Ballplayer's hat
11. Pig sound
12. Chess and checkers
13. ___ the Red: 10th-century explorer who founded the first Norse settlement in Greenland
15. Stockings
16. Visiting faraway places
18. Québec neighbour: abbr.
19. Express pain vocally
20. Assistants
21. Covered with water
23. "Barbara ___": 1966 Beach Boys hit
24. Better suited
26. Slumbers
29. Box office disaster
30. Heads or ___: flip choice
32. Certain batteries
34. Female sheep
35. Cash drawers
36. Street: Fr.
37. ___ star: sheriff's badge
38. Appeal strongly to
39. Sask. neighbour
40. Engraves with acid, as glass
42. Foreign
43. Stop color
44. Christmas visitor
46. ___ as that goes: to that extent (2 wds.)
49. Troubadour
50. Wizard of Oz and 2001: A Space Odyssey studio
53. Capital of the Yukon
56. Protagonist
57. Sole
58. Military bigwigs
59. All over again
60. "Limit: one ___ customer"
61. Heed
62. Pig pen

Down
1. See 8-Down
2. Partial regular payment on a debt
3. ___ out a living: barely manage
4. NS-born singer McLachlan
5. Arabian Peninsula sultanate
6. Race, as an engine
7. 180° from WNW
8. With 1-Down, Charlemagne, Québec-born pop singer who has a spectacular show at Caesars Palace in Las Vegas
9. Dry
10. Scent for a car freshener
11. "So that's it!"
12. Bygone Pontiac muscle cars
14. Metric wts.
17. Country roads
19. Cause surface damage to
22. Spider's lair
23. "___ fair in love and war"
24. Aid, particularly someone in the commission of a crime
25. "Changes," "Fame," and "Let's Dance" rocker David
26. Buildup at a river's mouth
27. Canada's government
28. Fry in butter
30. Canada's quintessential coffee and donut place, familiarly
31. Mont Blanc or Matterhorn, e.g.
33. Actor Young or Penn
35. Started a golf hole, with "off"
38. "Been ___, done that"
39. PC key usually next to the spacebar
41. Lunar landscape feature
42. In addition
44. Fresh-mouthed
45. Greek counterpart of Mars (god of war)
46. Hole-punching tool
47. Browse at the mall
48. Judge's decision
49. Scottish hillside
51. Between black and white
52. Cut grass
54. The Sopranos home
55. The sun, for one
56. Possesses

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1		9		8		7	
			1		4			
6		4				8		2
		6	5		9	2		
3								5
		5	4		1	6		
1		3				4		7
			8		7			
	7		3		6		2	

Friday's Sudoku

Today 16°/2° Partly cloudy
Tuesday 13°/2° Variable
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